

USDA GRAINS AND BREADS CHART

Group A

Minimum Serving Size for Group A

1 serving = 20 gm or 0.7 oz

$\frac{3}{4}$ serving = 15 gm or 0.5 oz

$\frac{1}{2}$ serving = 10 gm or 0.4 oz

$\frac{1}{4}$ serving = 5 gm or 0.2 oz

	Weight	Number of Grain/Bread Equivalents
Breadtype Coating		
Bread Sticks (<i>Hard</i>)		
Chow Mein Noodles		
Crackers – Saltine		
Other – <i>Snacktype Crackers</i>		
Croutons – Regular		
Fat Free		
Reduced Fat		
Other -		
Pretzels (<i>Hard</i>)		
Sticks		
Nuggets		
Rods		
Other -		
Stuffing (<i>Dry</i>) (<i>Weight applies to Bread only</i>)		

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GROUP B

Minimum Serving Size for Group B

1 serving = 25 gm or 0.9 oz

$\frac{3}{4}$ serving = 19 gm or 0.7 oz

$\frac{1}{2}$ serving = 13 gm or 0.5 oz

$\frac{1}{4}$ serving = 6 gm or 0.2 oz

	Weight	Number of Grain/Bread Equivalents
Bagels		
BatterType Coating		
Biscuits		
Breads-White		
Whole-Wheat		
French		
Italian		
Rye		
Wheat		
Buns – Hamburger		
Hot Dog		

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	<u>Weight</u>	<u>Number of Grain/Bread Equivalents</u>
<u>GROUP B – (Continued)</u>		
Crackers – Graham		
Animal Crackers		
Egg Roll Skins		
English Muffins		
Pita Bread-White		
Wheat		
Whole-Wheat		
Pizza Crust		
Pretzels (<i>Soft</i>)		
Rolls – White		
Wheat		
Whole-Wheat		
Potato		
Hero		
Italian		
Mountain		
Kaiser		
Dinner		
Tortillas – Flour		
Corn		

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	<u>Weight</u>	<u>Number of Grain/Bread Equivalents</u>
<u>GROUP B</u> – <i>(Continued)</i>		
Tortilla Chips – Flour		
Corn		
Taco Shells		
Taco Boat		

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GROUP C

Minimum Serving Size for Group C

1 serving = 31 gm or 1.1 oz

$\frac{3}{4}$ serving = 23 gm or 0.8 oz

$\frac{1}{2}$ serving = 16 gm or 0.6 oz

$\frac{1}{4}$ serving = 8 gm or 0.3 oz

	Weight	Number of Grain/Bread Equivalents
Cookies ² (<i>plain</i>)		
Cornbread		
Corn Muffins		
Mini		
Large		
Croissants		
Pancakes		

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	<u>Weight</u>	<u>Number of Grain/Bread Equivalents</u>
<u>GROUP C</u> - <i>(Continued)</i>		
Pie Crust		
Dessert Pies ²		
Fruit Turnovers ³		
Meat/Meat Alternatives Pies		
Waffles		

²Allowed only for desserts under the enhanced food-based menu planning alternative specified in 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

³Allowed for desserts under the enhanced food-based menu planning alternative specified in 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP and CACFP.

1/4 serving = 13 gm or 0.5 oz

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	<u>Weight</u>	<u>Number of Grain/Bread Equivalents</u>
<u>GROUP D</u> - (Continued)		
Sweet Roll ³ (Unfrosted)		
Toaster Pastry ³ (Unfrosted)		

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GROUP E

Minimum Serving Size for Group E

1 serving = 63 gm or 2.2 oz

$\frac{3}{4}$ serving = 47 gm or 1.7 oz

$\frac{1}{2}$ serving = 31 gm or 1.1 oz

$\frac{1}{4}$ serving = 16 gm or 0.6 oz

	Weight	Number of Grain/Bread Equivalents
Cookies ² with Nuts, Raisins, Chocolate pieces and/or Fruit purees		
Doughnuts ³ - (<i>Frosted or Glazed Cake and Yeast Raised</i>)		
French Toast		
Sticks		
Bread Slices		
White		
Whole-Wheat		
Grain Fruit Bars ³		

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	<u>Weight</u>	<u>Number of Grain/Bread Equivalents</u>
<u>GROUP E</u> - <i>(Continued)</i>		
Granola Bars ³ with Nuts, Raisins, Chocolate pieces and/or Fruit		
Sweet Rolls ³ <i>(Frosted)</i>		
Toaster Pastry ³ <i>(Frosted)</i>		

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GROUP F

Minimum Serving Size for Group F

1 serving = 75 gm or 2.7 oz

$\frac{3}{4}$ serving = 56 gm or 2 oz

$\frac{1}{2}$ serving = 38 gm or 1.3 oz

$\frac{1}{4}$ serving = 19 gm or 0.7 oz

	Weight	Number of Grain/Bread Equivalents
Cake ² (<i>plain or unfrosted</i>)		
Coffee Cake ³		

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Minimum Serving Size for Group G

1/4 serving = 29 gm or 1 oz

³ Allowed for desserts under the enhanced food-based menu planning alternative specified in 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP and CACFP.

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GROUP H

Minimum Serving Size for Group H

1 serving = ½ cup cooked or 25 gm dry

	Weight	Number of Grain/Bread Equivalents
Barley		
Bulgar – (<i>Cracked wheat</i>)		
Macaroni – all shapes		
Noodles/egg – all varieties		
Pasta – all shapes		
Ravioli – noodle portion only		
Rice – enriched		
White		
Brown		
Couscous		
Breakfast Cereals – cooked ⁴		
oatmeal		
corn grits or meal		
wheat		

⁴Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

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GROUP I

Minimum Serving Size for Group I

1 serving = $\frac{3}{4}$ cup or 1 oz; whichever is less

	Weight	Number of Grain/Bread Equivalents
Breakfast Cereal – dry ⁴		

⁴Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts serve under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

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